



## Pro And Cons Of Drinking Black Coffee That You Should Know

Author : Kajal

Posted : May 30, 2018

DRINKS HEALTH

Drinking black coffee has various health benefits. Black Coffee is loaded with antioxidants and lots of nutrients. There are many good reasons to drink coffee but there are also bad reasons not to drink coffee. Let's have look at some of the important health benefits of drinking coffee.

### Advantages of Black Coffee

### **Black coffee improves your physical performance**

Black Coffee can greatly promote your physical performance and helps you to give your 100 percent during a workout session. Drinking a cup of black coffee about an hour before a workout can increase your performance by 11 – 12 %. It also imparts stored body fat and releases fat cells into the bloodstream in the form of free fatty acids which can be used as fuel for strenuous physical activities. Caffeine increases adrenaline levels in your blood.



### **Black Coffee cleans your stomach**

Coffee is a diuretic drink which makes you urinate usually. Therefore, when you drink black coffee without sugar, all the toxins and bacteria are flushed out easily in the form of urine. This helps you to clean your stomach.

### **Black Coffee helps you to lose weight**

Black coffee helps you to lose weight very quickly by making work out more if you have it 30 minutes before you hit the gym. Black coffee helps you to increase metabolism by approximately 50 percent. It also burns the fat in the tummy since it is a fat burning drink. It also inspires the nervous system which signals the body to break down the fat cells and use them as a source of energy as opposed to glycogen.



### **Black Coffee prevents cancer**

Cancer has become one of the biggest killers in today's world. The compound in coffee reduces certain types of cancer such as liver, breast, colon and rectal cancer. Coffee lowers inflammation which is one of the main reasons behind the development of tumors.

### **Black Coffee protects your body**

Coffee contains a lot of antioxidants, which work as little warriors fighting and protecting against free radicals within your body. Thus, it protects your body.



### **Disadvantages of Black coffee**

#### **Black Coffee can cause insomnia and restlessness**

You have suggested a maximum amount of caffeine is 400 milligrams, roughly the quantity that you'll get from 4 cups of coffee. If you are caffeine-sensitive, be careful with coffee. You are apparently already aware what quantity and what kind of coffee suits, or doesn't suit you. The number of caffeine which is safe for human consumption is absolutely written in our DNA.

#### **Bad coffee can be toxic**

Bad quality coffee can have a lot of contamination in it that can cause sickness, headache or a general bad feeling. This may appear if your coffee is made from beans which have been over ripped or otherwise ruined. Even one ruined bean can make your cup toxic. If you invest and buy high quality, coffee you don't have to worry about toxic.



### **Coffee for kids may increase bedwetting**

One survey reported that caffeine consumption of 5-7-year-old kids may increase enuresis a.k.a. bedwetting. Thus, coffee may increase bedwetting in kids.



---

Tags [BLACK COFFEE](#) [DRINKS](#) [HEALTH](#) [PRO](#) [CONS](#)

---



#### **About Author:**

*Kajal*

Dr.Kajal who is the Senior Physiotherapist at The PhysioStudio. She got specialized in a variety of fields of sports and fitness and conduct and participate in various events as the Physio Partner, including The World T20 Cricket Tournament for the blind 2017. She has a special interest in orthopedics, Sports, and Fitness exercises. This was not just a reason to choose Physiotherapist as her career but one of her childhood events also molded her into a true believer of Physiotherapist.